Arlene Elizabeth Baker Level Map

Petaluma

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
11 moves

-  Carousel Spin
-  Cradle Spin
-  Genie
-  Goddess
-  Hollywood Spin
-  Jasmine
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
13 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Fireman Spin
-  Front Hook
-  Inverted Crucifix
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Violator

LOW INTERMEDIATE
23 moves

-  Aerial Straddle Invert
-  Air Walk
-  Bee's Knees
-  Cross Ankle Layback
-  Dove
-  Dragonfly
-  Embrace
-  Fan Kick
-  Figurehead
-  Flatline
- Forearm Stand
-  Hip Hold
- Inside Leg Hang
- Jamilla
- Lady Seat
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
24 moves

- Allegra
- Ayesha
- Baby Snake
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Cross Knee Layback
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Scissor Seat

ADVANCED
48 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Butterfly
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Extended Butterfly
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	11 moves	13 moves	23 moves	24 moves	48 moves
			 Side Saddle	 Shoulder Mount	 Flying K
			 Straddle Invert	 Sneaky V	 Fonji
			 Superman	 Stargazer	 Gargoyle
			 Upright Crucifix	 Torso Switch	 Helix
				 Wrist Seat	 Icarus
					 Iguana
					 Inverted D
					 Iron X
					 Jackknife
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Poisson
					 Rainbow Marchenko
					 Rocketman

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	11 moves	13 moves	23 moves	24 moves	48 moves


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini